



Yoga and Meditation Group Sessions

The Cheval Blanc Spa Ambassadeurs are looking forward to welcoming you for the following yoga and meditation group sessions, with our compliments.

Private Yoga and meditation sessions are available upon request.

Tuesdays	Activity
07:00 Coconut Garden	Sunrise Yoga
Wednesdays	Activity
18:00 Cheval Blanc Spa Island	Meditation
Fridays	Activity
11:00 Cheval Blanc Spa Island	Hatha Yoga
Saturdays	Activity
08:00 Coconut Garden	Vinyasa Yoga
Sundays	Activity
18:00 Cheval Blanc Spa Island	Sunset Yoga

All the activities scheduled above may vary according to the weather conditions.